



Triceps Tendon Repair PT Protocol

Phase 1: Protect repair (0-2 weeks)

Precautions:

- Elbow immobilized in posterior splint at 60 degrees elbow flexion for 1st 2 weeks.
- No active elbow extension for 6 weeks

ROM:

- Gradual increase active/passive ROM of shoulder in all planes while in splint
- Wrist/hand/finger fill AROM in splint

Strength:

- Scapular retractions
- Shoulder shrugs

Modalities:

- Hot pack before treatment
- E-stim, TENS as needed
- Ice 10-15 minutes after treatment

Goals of phase 1:

- Control pain and inflammation
- Protect repair
- Independent in HEP

Phase 2: Progress Protected ROM and function (3-6 weeks)

Precautions:

- Elbow place in a hinged ROM brace allowing 30-60 degrees
- Brace to be worn at all time except during exercise or bathing
- Passive ROM ONLY for elbow extension

ROM:

- Hinged brace range of motion progression

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- Week 2-3: 30-60 degrees
- Week 4-5: 15-90 degrees
- Week 6-7: 10-110 degrees
- Week 8: 0-125 degrees
- Forearm: initiate AAROM pronation and supination (week 4)
- Shoulder AROM as needed in brace

Strength (in brace):

- Isometric shoulder exercises
- Spine/standing rhythmic stabilizations
- Wrist/hand: grip strength
- Standing flexion and scaption
- Side lying ER
- Isometric biceps pain free (week 6)

Manual:

- Scar mobilization
- Passive Elbow Extension
- Joints mobs as needed

Modalities:

- Heat/hot pack before therapy
- US to incision as needed
- Ice 10-15 minutes

Goals of phase 2:

- Protection of repair
- Gradual increase in ROM
- Initiate strengthening to surrounding tissues
- Improve scapular stability

Phase 3 Rach fill ROM (weeks 7-12)

ROM:

- Week 8 progress to full ROM of elbow; discontinue brace if adequate motor control
- Initiate UBE light resistance

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- Exercises
- Ball roll outs on table
- Wall walk
- Pulley

Strength:

- Tricep/elbow extension progression
- 6 weeks: initiate AROM
- 8 weeks: initiate light Theraband resistance
- Theraband IR/ER shoulder
- Theraband bicep extension
- Prone dumbbell Therex
- Rythmic stabilization

Manual:

- Passive elbow extension if lacking
- Joint mobs as needed to regain full flexion
- Week 10: Passive or contract relax to gain full flexion if still lacking

Phase 4:

Strength:

- Progress strengthening program with increase in resistance and high speed repetition
- Bicep curls with dumbbells
- Initiate IR/ER exercises at 90 degrees abduction
- Progress rhythmic stabilization activities to include standing PNF patterns with tubing
- Initiate plyotoss- double arm progress to single arm
- Initiate sport specific drills and functional activities
- Initiate interval throwing program week 16-20
- Initiate light upper body plyometric program week 16-20
- Progress isokineticsto 90 degrees abduction at high speeds

Modalities:

- Ice 15-20 minutes

Goals of phase 4

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- Full painless ROM
- Maximize upper extremity strength and endurance
- Maximize neuromuscular control
- Optimize shoulder mechanics/kinematics
- Optimize core stability
- Initiate sports specific training/functional training

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